



PUGET SOUND FRESH **WHAT'S FRESH NOW JULY 11, 2005**

Our local farms are hitting the height of the season. That means you can buy the freshest, best-tasting produce, right from our local Puget Sound Fresh farmers.

And watch for the exciting new about upcoming GET FRESH WEEK....THE TIME IS RIPE TO EAT LOCAL. Take the challenge August 13-20 and try to eat completely locally-produced food for the week!

Starting August 1, you can enter to win a great prize from a local Puget Sound Fresh "Partner" just by visiting the Web site:

www.pugetsoundfresh.org and clicking on the Entry button.

Tell your friends, too! Eating locally-grown/raised foods is an important way to help preserve our local agricultural lands and to help maintain the integrity of our local food sources.

Now - take a look and see what's fresh NOW! Then visit your local farmers market, Puget Sound Fresh PARTNER grocery store or restaurant, and support our local farmers while getting the healthiest, freshest produce while it's in season!

The **Puget Sound Fresh** logo can be used to identify any product that is grown, raised or harvested in the twelve counties that touch Puget Sound, including fruits, vegetables, shellfish, meats, eggs, dairy, flowers and lots more.



WHAT'S FRESH NOW

Cabbage - green and red

Bok Choi - for your favorite Asian dishes

Radishes - make beautiful salads

Green Beans - haricot verts and luscious big beans

Fava Beans - healthy and versatile

Broccoli - steam it, grill it or dip it fresh

Beets - red, golden and sweet

Carrots - for salads, grilling and dipping

Cucumbers - the first of the season, including pickling cukes

Greens- every shape, color and taste!

Kohlrabi - try it this year

Lettuce - for salads or in a new "wrap"

Onions - green, slicing, red or sweet

Peas - they are getting toward the end so buy them now

Potatoes --- red, blue, yellow and white

Summer Squashes - try them steamer, grilled or stuffed

Tomatoes - red, ripe and delicious



BERRIES!!! Blueberries, Marionberries, Boysenberries, Tayberries, Gooseberries,

Loganberries and fabulous Raspberries! Did you know Western Washington is one of the largest Raspberry-growing areas in the world?!!?

PLUS: Always ask for local organic eggs, cheeses, meats, poultry, herbs and honey.

And - make your home or office bright with a gorgeous bouquet of our local, fresh flowers. The summer flowers, including all the lilies, sunflowers and more are in bloom at the markets.

For complete information on local farm products, visit:
www.pugetsoundfresh.Org

You'll find directions to the farms, details and directions to all our local farmers markets, a harvest calendar and lots more.

These are just a sampling of the many farms offering these products...grown locally...for local, fresh flavor.

Here is a delicious way to enjoy our **PUGET SOUND FRESH** summer vegetables:

Dilly Beans

2 pounds trimmed Puget Sound Fresh green beans

4 heads Puget Sound Fresh dill

4 cloves Puget Sound Fresh garlic

1 tsp. cayenne pepper

2-1/2 Cups vinegar

2-1/2 Cups water

1/4 Cup canning salt

Pack beans lengthwise into hot pint jars, leaving 1/4 inch head space.

To each jar, add 1/4 tsp. cayenne pepper, 1 clove garlic and 1 head dill.

Combine remaining ingredients in a large sauce pot. Bring to a boil. Pour hot liquid over beans, leaving 1/4 inch head space. Remove bubbles. Adjust caps.

Process for 10 minutes in boiling water bath.

Yields: 4 pints

From: Carpinito Brothers Farm, Kent

HERE'S HOW TO FIND OUR LOCAL FARMERS MARKETS: [Farmers Markets](#)

To find the best in local produce, visit any of our Puget Sound Fresh "Partners" restaurants and retailers who feature local, fresh products from our local farms.

For a list of our "Partners" see: Puget Sound Fresh ["PARTNERS"](#)

Puget Sound Fresh is a program of [Cascade Harvest Coalition](#), with support from King and Snohomish Counties. If you no longer want to receive this email, please respond to: pugetsoundfresh@aol.com and we will remove your name.

Names and email addresses from this list are not shared with any other group and will not be used for any other purposes than providing you with information on what is fresh from our local farms.